Marriage and Insanity.

See page 235.

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HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

"Reason's whole pleasure—all the joys of sense—
Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XIII.—No. 327. FRIDAY, JULY 12, 1889. [PRICE TWOPENCE.

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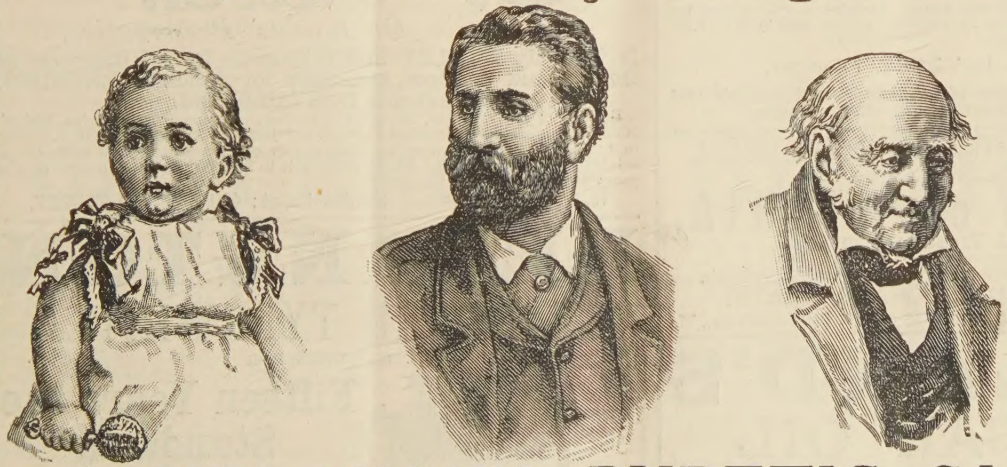

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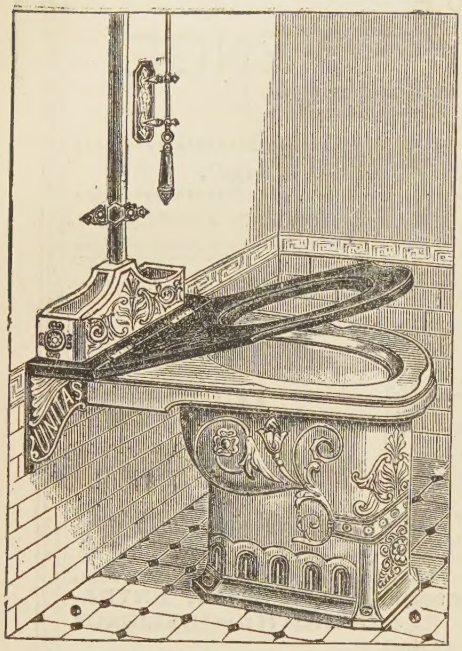

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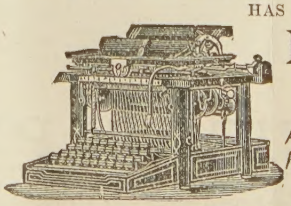

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, JULY* 12, 1889.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

IN reply to a query regarding the removal of tattoo marks, I note that the following method is recommended by M. Variot in the *Revue Scientifique*:—The skin is first covered with a concentrated solution of tannin, and retattooed with this in the parts to be cleared. Then an ordinary nitrate of silver crayon is rubbed over these parts, which become black by formation of tannate of silver in the superficial layer of the dermis. Tannin powder is sprinkled on the surface several times a day for some days to dry it. A dark crust forms, which loses colour in three or four days, and in a fortnight or so comes away, leaving a reddish scar free of tatoo marks, and in a few months little noticeable. It is well to do the work in patches about the size of a five franc piece at a time. The person can then go on with his usual occupation.

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OUR readers will doubtless remember the claim made by Dr. Thomas J. Mays, of Philadelphia, that he had succeeded in demonstrating that the statement made in almost every text-book on physiology, that it was natural for women to breathe from the chest, was wrong; that the abdominal type of respiration, as ordinarily observed in men, was the natural type of women as well, and the costal type as seen in women is the result of modern dress. This claim he supported by the result of an examination of eighty-two American Indian girls. Dr. J. H. Kellogg, from an examination of Chinese and other women untrammelled by tight-fitting dress, finds the abdominal type present in them. Other observers, notably Hutchinson, in twenty-four girls whose waists had never been constricted by corsets or other appliances, found the costal type present. The question of what is the natural type of respiration may therefore still be regarded as *sub judice*, unless, which perhaps may be the truth, both types are natural under varying conditions, independent of dress.

✣ ✣ ✣

DR. CURRIER, of New York, has recently been engaged in examining into the efficacy of filters and other means employed to purify drinking-water. He summarizes the result of the investigation as follows: Boiling sterilizes water, and within thirty minutes will have killed harmful germs. Drugs and other agents acting chemically, if used in amounts which are commonly safe, do not sterilize water. The prolonged heat which water undergoes in the usual process of distillation destroys all germs which may be in the water undergoing the process. Ordinary filters, even if satisfactory as strainers, fail to remove all bacteria from drinking-water. So far from lessening the number in the original water, the filtering substance may allow a more rapid multiplication than these micro-organisms would ordinarily undergo in the unfiltered water on standing; and the germs of disease, even if held back by the filtering substance, may be harboured in all filters. The finer the substance through which the water passes, and the lower the pressure, the more perfect is the action of the filter in holding back the bacteria.

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OF all substances thus far furnished for domestic filters, porous rebaked porcelain, carefully selected, has been found to be the best. If thick and strong enough to allow the use of a large surface, and the substance remain perfect (without flaw or break), this may yield a fair flow of clear water, free from all bacteria; yet, under our ordinary Croton pressure of one atmosphere or less, this yield is only in rapid drops, unless the apparatus be complex. To ensure the permanency of this action, the filter should be occasionally sterilized throughout, by steaming or by other means; for, under prolonged pressure, various kinds of bacteria can go through, and in the copious organic matter collected on the filter some

CANCEROUS DISEASES.

TESTIMONIALS.

The following is from Dr. John Sheerer, St. Albans, Sept. 5th, 1888.

MR. JOHN M. YOUNG, *Manager Missisquoi Mineral Springs.*

DEAR SIR,—My mother, Mrs. Susan Sheerer, of Virgil, Cortland County, N.Y., was pronounced by Dr. Brunson, of said town, to have had a cancer in her breast in 1866. She used two cases of Missisquoi Water, and was cured. She is now eighty-two years old, and in splendid health. Yours truly,

JOHN SHEERER.

MISSISQUOI SPRINGS.

[An Extract from "The Monthly Homœopathic Review," May 1st, 1870.]

By Dr. TUTHILL MASSY.

The Missisquoi Springs of Franklin, County Vermont, are at present rather frequently prescribed in England for diseases where the knife was the severe medicine of other days: I therefore deem it my duty to lay before your readers the experience which I have gathered relative to these Springs.

* * * * * * * *

The Spring A, Missisquoi Springs, is the one most generally exported, and which I have frequently prescribed. It gave great comfort to a lady who was suffered from a large open cancer in the right breast; cleansed the surface, relieved the pain, induced sleep, and diminished the tendency to bleeding, when applied externally, like simple water dressing, and taken in half-tumbler doses twice a day.

The benefits of the Spring A were very remarkable in a lady burdened with an ovarian tumour containing much water, with considerable abdominal tenderness. A few bottles always reduced her great size, and relieved her mind from the dread of an operation which was once proposed.

PAMPHLET on application to the Sole Importers—

INGRAM & ROYLE, 52, FARRINGDON-STREET, LONDON, E.C.

AND OF ALL CHEMISTS.

harmful micro-organisms can retain a high degree of vitality for weeks longer than they have ever been found to live in pure water. When filtering is really necessary, it is in general best for the community that it be done carefully on a large scale through sand-beds upon which a fine layer of organic and inorganic matter is expressly produced by sedimentation, because of its valuable action in holding back the great majority of the bacteria. A bad water filtered is less desirable than a pure water in its natural state. When, therefore, filtration is employed because of real danger of infection, the filtered water should, as a rule, be furthermore boiled, as the entire absence of sediment and cloudiness does not ensure that the bacteria of disease may not have made their way through the filter.

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THE contagiousness of cancer is still a mooted question. Dr. Arnaudet maintains the affirmative of the question, and gives the following facts to support his views: At Saint-Sylvestre-de-Cormeilles, which has a population of about four hundred persons, there were seventy-four deaths in eight years. Of these, eleven were from cancer. In the neighbouring villages of Normandy, although exact figures are wanting, the death-rate from cancer is said to be nearly the same. Of these eleven cases, six occurred within a limited area, and the order of their occurrence was such as to suggest a possible connection between them. The first case was that of a man living in an elevated portion of the hamlet; the next case was a man living on the side of the hill below the first; then three cases occurred almost simultaneously in persons living close together in the valley at the foot of this hill; and the sixth patient was a near neighbour of the first, on the plateau above the valley.

✣ ✣ ✣

IN none of these cases could any history of heredity be obtained, and they were all free from the reproach of alcoholic addiction. In five of the cases the cancer was seated in the stomach, and in the sixth the location of the disease was in the neck. Dr. Arnaudet believed that the germ of the disease, microbial in its nature, was carried in the water. None of the patients drank water, but they were all moderate consumers of cider, and that was the beverage that the author accused of being the carrier of the contagion. In making cider, the inhabitants of that region added water taken from the swampy ground; and the darker the colour of the water, consequently the more impure, the higher it was esteemed as a diluent of the apple-juice.

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AN enterprising American newspaper, the *Arkansas Gazette*, has offered a prize to the largest family in the State, with the result of finding a Pike County couple who have had twenty-three children, of whom eighteen are still living. The prize-winners are Mr. and Mrs. W. D. Green, aged respectively seventy-seven and seventy-one years. The couple have seventy-two living grandchildren and twelve living great-grandchildren. Mr. Green, when married, lacked twenty-five days of being twenty-three years of age, and at the time of the birth of his last child he was sixty-seven years, seven months, and fifteen days old. Mrs. Green, at the date of the birth of her first child, was eighteen years, four months, and six days of age, and at the time of her last child's birth she lacked eleven days of being sixty-two years old. The children were all born singly. The facts are certified to by an affidavit.

Original Essays

"Life is not to live, but to be well."—*Martial.*

THE HOLIDAY SEASON.

BY DR. ANDREW WILSON.

ONCE more the time of holidaying is at hand, and the voice of the tourist is heard over the length and breadth of the country. When one has regard to the enormous development which the holiday habit has attained of late years, it seems appropriate enough that the health aspects of the matter should be once again referred to in these pages, as well for purposes of warning as for instruction and guidance.

It is clear that in the matter of taking a holiday the public have still much to learn in respect of the best and wisest method of employing time and spending money. In this country we do not, as a rule, imitate our American cousins, who save up for years, and then make the grand tour of Europe. Our holidaying still partakes somewhat of the good old-fashioned habit of shifting our camp from town to country or sea-side, and of seeking a month's fresh atmosphere and quiet rest amid "fresh woods and pastures new."

One begins to see also that the ordinary Continental holiday is somewhat on the wane. Formerly, we rushed here and there over the Continent; dived into this cathedral or that picture-gallery; and next morning sped through the country in search of fresh excitement in the way of sight-seeing. Perhaps we are getting to know the Continent better than we did. It has lost its charm of intense novelty, and we are incited to settle down when we go abroad, and to study the life and habits of the people more intimately than was the case of yore. There is great wisdom in this plan. The old rush-about tour was productive of little good. Perpetual travelling rarely suits any one who is not a commercial traveller, or who is not otherwise bred to it; and we have begun to discern that the true enjoyment of our leisure time consists not in scouring the country, but in settling down for a brief period amid new associations and new health-conditions.

The problem "where to go for a holiday" is only to be solved, in my humble opinion, by a consideration of the personal equation of the holiday-maker. For example, it is clear that while the sea-side suits many it does not agree with all; and while an inland residence admirably suffices one man, a bracing sea-coast alone will benefit another. Holidaying is a relative matter, and it should be judged and undertaken in this sense. One person is perfectly well on the west coast; another finds his enjoyment only on the east coast. These facts are not illustrations of mere "fads" or fancies. They represent a very decided and determined feature of the constitution of the holiday-maker in each case. From this consideration it appears we cannot lay down laws for spending a holiday such as will be applicable to all sorts and conditions of men. Holidaying in this sense resembles almost every other phase of life. It runs parallel as a relative matter to foods, drinks, clothing, drugs, and all the other accessories or necessities of existence. General principles can and should be laid down, but the wise man will adapt himself to his individual constitution, and will not, in this matter, attempt to argue from generals to specials when he lays to heart the momentous matter of his annual trip.

The general principles to which I have alluded are, however, plain and simple in character. Thus, that the east coasts of our island are more bracing than the west is a fixed fact of climatology. In this relation, the north is to be regarded as more bracing than the south. But it is undeniable, all the same, that many cases of debility or of ordinary overwork, such as a holiday is expected to cure, may benefit more decidedly in a mild resort than in a bracing one. It is here that personal experience often rises superior to all medical science and prognostication. Physicians may indicate the locality which is likely to benefit a particular case, and may err unwittingly because they are ignorant of the constitutional peculiarities of the patient. The sea-side, contrary to expectation, may throw a person backward in health, because he cannot overcome some of those slight disturbances of body or function which arise from, and are produced by, a change of locality. The mild inland air, from which so much is hoped, fails, in another case, to produce benefit, and the sea-side is found to tone up the body in the most satisfactory fashion. These are every-day facts about the influence of climate as a tonic and restorative agent. They teach us anew the great lesson of the relativity of human nature as regards its surroundings; and the practical outcome of this teaching is the remark that only our own intelligence and experience can really instruct us as to the proper method and locality wherein to spend our holiday season.

I have noted in previous years one or two of the absurdities which unfortunately too frequently become manifest in our holiday habits, and it is well, on the principle of "keeping pegging away," to remind ourselves of the possible health-dangers which may attend our search of health. It is astonishing, in the first place, to witness families, led by a sensible head, stowing themselves away for a month or two in country houses or apartments which compare most unfavourably from a sanitary point of view with their own homes. While no one may expect luxury, we can all demand cleanliness and healthy drainage in our holiday resorts; yet one often finds people who are most particular in their home life resting content in the country with accommodation the reverse of cleanly, and with houses the antipodes of healthy. Better far no holiday at all than one spent in a resort or house where there is entailed a risk of typhoid fever or allied preventible malady.

The British landlord (or landlady) is a keen political economist. He knows to a nicety the working of the laws of supply and demand. If his house, however dingy, insanitary, and uncomfortable it may be, happens to be situated in a fashionable resort, he knows, with an intuition born of certainty and experience, that he is bound to let it, and to let it well. We partake of the character of sheep in this respect, that where one family rushes off, attracted by the mere fashion of visiting a particular place, others will follow, heedless of all considerations regarding the salubrity of the locality, or of the house-accommodation. That this procedure is the reverse of wise goes without saying; and if people will sacrifice health to the petty frivolities of fashion and custom, whether in tight-lacing or in the choice of a holiday-residence, they must not grumble at the penalty an unerring nature extorts for the breakage of her laws. It is no new story this, of a family coming home stricken with typhoid fever from its residence in an overcrowded, insanitary resort. Doctors may preach and sanitarians lecture till doomsday to certain people; they will have their own way, and the result is pain, illness, with risk of death, and the inevitable expenditure of much money over the cure of an avoidable malady.

The advice that we should look well after our holiday house is, therefore, a caution of tremendous importance to every one. The time will come when every one who lets houses or apartments will be compelled to produce a certificate of recent inspection from the sanitary authorities. People growl and grumble even now when such a measure of safety for the public and themselves is suggested. They indulge in the usual small-talk about the freedom of the country, and so forth. My reply is that the country is much too free in some respects, and especially in matters of health. It seems a very poor and lame argument when one has fallen a victim to typhoid fever, due to bad drainage, or to scarlet fever (caused by a careless landlady failing to disinfect and repaint and repaper after a case of that malady), to hold that the country is so admirably free that any one can entail risk of death to another through avoidance of a simple sanitary duty. Nothing brings the folly of such argument home to us like personal experience, and the warning to look well after the health of our temporary summer home, is one which in the long run will pay us fully and recompense us well.

The aim of holidaying being the recuperation of our physical and mental powers, it is important that we should so regulate our daily avocations that we may experience the full benefits of the change. There are certain units among us who find it hard to escape from the dominion of the daily round of duties. Editors and journalists exemplify this class of persons probably more typically than any other section of the community. But even the "fourth estate" must needs rest and vary the monotony of things if a holiday is to effect its true mission. My advice is to make the holiday a lazy one in letter and spirit both.

A notable physiologist once preached eloquently the doctrine of rest as a medicine whose power of cure was utterly ignored as a rule by medical men. A few days ago I renewed my acquaintance with a very remarkable book by Dr. Inman, of Liverpool, on *The Restoration of Health*. Throughout its pages the author seems never weary of preaching the value of rest as a powerful restorative. His advice is sound, and there are few of us who have not experienced the practical advantages of the advice to spend a week or two when we can in a state of "do-nothingness." The old lady who, when she was approaching her hundredth year, told her friends that the secret of her great age and good health consisted in her practice of spending a day in bed as frequently as she could, was more of a philosopher than might be imagined. Let us imitate the venerable dame in our holidaying, so far at least as to exchange our work for a period of absolute rest of body and mind as well.

An Austrian *savant* has obtained a harvest of 4,000 sponges, which are the result of an experiment of literally sowing small parts of living sponges in a soil favourable to their production. The Austrian Government is much delighted with the experiment, which is to be repeated on a larger scale in Dalmatia. The cost of the 4,000, which have been growing for the last three years, is a little over £11, everything included.

Special Notice.—The best stimulant for dietetic and other purposes is the "Skerryvore" (Registered) Blend of Fine Matured Scotch Whiskies, certified of the utmost purity by Mr. E. G. Clayton, F.C.S., Member of the Society of Public Analysts. Sold only by John Twatt, 36, Argyle-place, Edinburgh. Price 20s. per gallon, bottles and cases included.—[Advt.]

GYMNASTICS IN RELATION TO HEALTH.

BY ELLEN F. WHITE.

"Gymnastik Directör" of the Royal Gymnastic Institute of Stockholm.

FIFTH PAPER.

INASMUCH as prevention is better than cure, so school and health gymnastics rank before the medical branch of the subject. But the interest taken in either one or the other by those who practise depends upon individual taste. There may be one who "cannot bear to see sick people about," and who has, perhaps, a large bump of organization and discipline which will make him incline to the educational. Another has more taste for medical work, and but little aptitude for teaching. It is very rare to find the same individual equally good in both branches.

Medical gymnastics are also called "The Swedish Movement Cure," and to English ears the latter is perhaps the more suitable name. To those who know nothing of the subject, the word "gymnastics" is apt to suggest jumping over bars, turning head over heels, and similar feats, utterly at variance with the powers of the invalid, who is, it may be, too weak to rise from her bed. The very sound of the word "movement" suggests less activity and is more grateful to the enervated ear.

The object of medical gymnastics is, as their name implies, curative and alleviative. They are intended to restore the true balance and harmony between the parts which have been destroyed by disease or accident. It is not intended to make medical gymnastics the universal panacea for all the ills which flesh is heir to; but there are few chronic illnesses which cannot be alleviated to some extent, if not cured, by these means. I have heard medical gymnastics compared to a quack medicine, because it professes to cure everything; but the true facts are widely different. The quack nostrum is one and the same for every complaint and every individual alike, whereas the resources of the medical gymnast are as various as those of the physician, and are varied to suit each individual case. But many diseases are best reached by chemical means. We have a certain number of typical positions and movements; and these in their various modifications and combinations form an almost exhaustless store.

We will suppose the diagnosis to have been made by a physician, who then hands over the patient to the gymnast, telling him what he wants done. The gymnast then studies the case for himself, and draws up the prescription, which he proceeds to administer, the physician watching the case from time to time, and noting the least change in the patient's condition. The gymnast must have such knowledge that he can watch the case himself; and he ought to be able to tell from day to day how much the patient can bear, and how he is progressing.

In making up the prescription, there are many points to be observed, such as in the original cause of the disturbance, whether local or general; and this original cause is kept well in mind, though the local symptoms are not neglected. To take, as an example, chronic headaches. In these cases local treatment alone is of little avail. The cause may be indigestion, bad circulation, poverty of blood, nervous excitability, &c., and it is this cause which receives most attention; for it is evident that no cure can be expected till this is removed.

There are many diseases beyond the reach of cure. When once inflammation of the bone has set in, little can be done till the inflammation has subsided. In disease of the spine, care must be taken to ascertain if there be inflammation or not. When the bones have grown together, it would be worse than useless to try and straighten the spinal column; but this does not imply that nothing can be done for the patient. The general health may be greatly improved. The muscles of the back may be so strengthened that in many cases mechanical supports can be entirely and permanently dispensed with. And not only this, but the breathing powers, circulation, and digestion may be much improved. These functions are often disturbed by the abnormal position of the spine, which tends to produce a narrow chest and to otherwise alter the normal form of the thoracic cavity.

There are two great types of movement, *active* and *passive*. But even between these two there is no hard and fast line. In the purely passive movement the patient sits or lies in such a position that he, or she, is completely at rest; so that arm, leg, or other part may be freely manipulated by the "operator." These passive manipulations are of many kinds—vibrations, percussions, kneadings, slappings, strokings, and pressures of nerves and blood-vessels; also rotations, bendings and stretchings of head, trunk, and limbs. These vary in strength and duration, according to the state of the patient and the part treated. For instance, a sacral percussion is done with a fair amount of vigour, especially if the patient be fully dressed. Whereas percussion round the region of the heart, and on the head, are gently and delicately performed. Percussions and vibrations act chiefly on the nerves. Vibration of the arms has a quieting action on the heart. Vibrations of the legs are little used except in the case of very weak patients. Rotations, bendings, and stretchings act on the circulation, the alternate contraction and expansion of the blood-vessels causing a quickened flow. These rotations can be indefinitely varied in strength by taking them slowly or quickly, and by describing a greater or less circle, as also by the start position in which the patient is placed. These passive movements are of great service also in cases where stiffness of the joints or nervous affections hinder voluntary movement of the part. Nerve pressures are of use in many cases where the nerves are inactive.

I have seen a child who had no power of voluntary dorsal flexion in her right hand. Pressure of the radial nerve caused contraction of the hand-stretching muscles, and the hand raised itself to a line with the under-arm. This was a case which had refused to answer to an electric current. Dr. Wide, who had charge of this case, hoped to effect a complete cure.

Massage is one of those purely passive forms, and consists of kneading with the hands on the bare skin. A little vaseline or other fatty substance is commonly used to prevent abrasion of the skin. But massage is rarely used alone; percussions, passive bendings, stretchings, and rotations, followed where possible by some active movement, all form part of skilful treatment. A sprained ankle treated in this way may be very quickly cured. This treatment should begin on the spot, or as soon as possible after the accident, with a very gentle rubbing round the painful part. As the pain decreases, the strength of the friction increases until, after twenty-five or thirty minutes, the pain is reduced to a minimum. Then a passive foot rotation follows, after which an active bending and stretching is taken, and the patient may be encouraged to put his foot to the floor. This repeated twice a day should cure an ordinary sprain in ten days or a fortnight, or even less.

Active movements are those where the patient contracts his muscles by the exercise of his own will, but

even here the touch and hand of the gymnast cannot be dispensed with. Comparatively few of the active medical exercises are performed by the patient without assistance. Very little apparatus is necessary, the ordinary furniture in the patient's home being all that is required in most cases. A sofa, a chair, a music stool, a table, can all be utilized; and he is a poor gymnast who has no resources in himself, though it is not to be denied that convenient apparatus greatly facilitates one's work, especially where numbers are treated together. There are some most useful and beneficial exercises which, in the absence of apparatus, must be left unused; when others must be employed, which will have as nearly as possible the same effect. No complicated apparatus is needed; a couch, with back adjustable to any angle; a couple of four-legged stools; a horizontal bar, adjustable to any height; a pair of ropes hanging from the ceiling; and one partition of a climbing wall, are all the apparatus really needed, if we add a couch, or rather a narrow padded table, with foot-rests on each side, on which the patient can sit sideways or astride. The height of this table enables the operator to work with greater ease and without stooping. Anything which can lighten the labour of the medical gymnast is of great value, for he has to work many hours a day, and it is of great importance for him to study how he can do the most efficient work with the least strain on himself. If he hold his breath when he works, if he sit or stand with rounded shoulders and bent back, he increases his labour considerably without producing better work. In fact, the better his own position the better his work and the greater his power.

But to return from this digression to the active movements. The part the gymnast plays in giving these exercises is usually to give some resistance. Thus, in the bending of the head backwards the gymnast places his two hands behind the patient's head; and regulates the strength of the movement by the amount of resistance given. In a "head-bending backwards" without this resistance it is the muscles of the front of the neck which contract to hinder the head falling back with a jerk from its own weight; but when resistance is given, it is the muscles on the back of the neck which contract to overcome the resistance. It is far easier to feel than to see if the movement is properly carried out. A little practice gives the power of telling by the hand if the patient be unduly exerting himself, or if he be holding his breath; and if the exercise be done smoothly and evenly or with jerks, the latter being usually the result of either or both of the two first faults. Another very common fault is that the action is not confined to its proper group of muscles; but that other groups are allowed to take part in the exercise. With some patients it takes a long time to accustom them to isolate the part to be exercised. Others find it almost impossible to be perfectly passive; but with patience and care these things can be done, though it often requires much tact and forbearance on the part of the gymnast to treat his patient successfully.

Pumice stone is a volcanic product, and is obtained principally from Campo Bianco, one of the Lipari Islands, which is entirely composed of this substance. It is extensively employed in various branches of the arts, and particularly in the state of powder for polishing the various articles of cut glass; it is extensively used in dressing leather, and in grinding and polishing the surface of metallic plates, &c. Pumice stone is ground or crushed under a runner and sifted, and in this state it is used.

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

SOME CURIOUS PLANTS.

There are three classes of foods which specially require digestive effort. These are starchy, nitrogenous, and fatty foods. There are three different digestive principles which act upon these foods. Animal or vegetable diastase digests starch; pepsin from the stomach, trypsin from the pancreas, and papain from the papaya tree digest nitrogenous foods; and pancreatic digestive ferments act on oils. How insoluble salts are made soluble, and the multitudinous chemical combinations effected in that strange laboratory—the human stomach—are not wholly understood.

There is a little plant, called the sun-dew (*Drosera*), which holds its tentacles (on the surface of its leaves) toward the sun. When an insect lights upon them, they seize it, closing upon it, crushing it, and pouring over it an acid digestive fluid analogous to the gastric juice, that digests it all but the chitinous structures. "The secretion, as well as the subsequent absorption of the products of digestion, is accomplished by the activity of the protoplasm of the cells of the leaves." Similar phenomena are manifested by the Venus Fly-trap (*Dionœa*), by Pinguicula, as well as by the cavity of the altered leaves of Nepenthes. About fifteen species of these "insectivorous" or carnivorous plants are known.

In a recent lecture on "How Plants Eat Insects," Dr. Dallinger admitted that "it was to Charles Darwin that primarily and chiefly belonged the honour of proving, by numerous experiments, that there were many plants upon the globe, and in England, which depended for their sustenance upon the animals they entrapped, and that they were endowed with a susceptibility more delicate than that of the human body, and could distinguish between substances that would nourish and substances that would not." He compared the sun-dew with the sea-anemone, which, when a minute crustacean touches its tentacles, closes and devours it. Most people have seen in the museums a devil-fish, with its very numerous suckers. They remind one of the tentacles of the sun-dew, which will throw around an insect as many as three hundred tentacles and glands. In the Venus Fly-trap the leaf is divided into two lobes, each bearing three sensitive hairs. When an insect touches the hairs, the lobes close together and digest their prey.

The mouth is a digestive cavity, and in it important changes are effected on the food. The first process of the seed in germination is digestion, and it appears that every tissue in the body has more or less digestive power. Every cell in the blood is a distinct individual, and when disease germs enter this fluid there is a fight for existence between the blood-cells and the germs. Blood cells, or leucocytes, have been seen to eat up other cells, just as does the *Amœba*. The time may come when we shall know more of this subject of digestion than now.

Already we have bottled up those principles of animal and vegetable life whereby starch and meats, &c., are digested. When the stomach lags or fails in its work, we hand the sufferer a Pepsin Tabloid or two from the vials, and there is relief. Thus do we steal digestion from the pig. When starchy foods disagree the principles of malted barley are at hand to help us out. A little Kepler Extract of Malt contains the digestive principles

that, but for science, would have done digestion for the barley grains. So we penetrate to what were once considered vital processes, and not only find them chemical, though wondrous still, but also delay them for our convenience and comfort.

THE HAIR.

III.

THE eyebrows unquestionably give much expression to the face, and may bequeath to it a great deal of beauty. The points of the hairs which compose the eyebrow are so sharp that the point of the finest needle is said to be dull in comparison with them, but the hairs themselves are short and stiff. To give beauty, the curve of the eyebrow should not be great. It has been alleged that apes have no eyebrows, but this is not strictly true. A few hairs grow just above the orbits of the chimpanzee, and on the baboon, hairs longer than the others appear there.

The usefulness of the hair, the way it equalizes the temperature of the head, sheltering it from rain, and cold, and sun, we need not consider now. Socrates reasoned as follows: "Think you not that it looks like the work of prescience, because the sight is delicate to have guarded it with eyelids . . . to have fenced these lids with eyelashes which, like a sieve, strain the dusty wind and hinder it from hurting the eyes; and over the eyes to have placed eyebrows, as eaves, to carry off the sweat of the brow from disturbing the sight?" The idea of the body being developed by certain material conditions did not occur to him. When dying from his draught of hemlock, he said, "Remember that we owe Jupiter a cock."

To many people the presence of hair upon the face is objectionable. The ladies of Japan regard beards as ugly. The Indians of Paraguay, it is said, pluck out both eyebrows and eyelashes. The following strange incident is recorded: "Some officers once landed on the Marquesas Islands, and entered into friendly conversation with the people. Suddenly one of their number was violently seized by the chief, and his friends expected every moment to see him murdered. Nothing, however, was further from the mind of the chief. The hair on the face of the officer had offended his ideas of good taste, and he simply wished to perform the friendly act of plucking it out with his shell tweezers."

We are all familiar with the expression, "His hair stood up straight," referring, of course, to the effect of fear. There is a tiny muscle to each hair-sheath, and when from cold or other cause the appearance of what is known as "goose-skin" comes on, it is due to the contraction of similar little muscles. Nearly all hairs proceed from the skin in a slanting direction, and from their suppleness it is hard to believe they often stand up straight.

The oil-glands of the hair are most important parts, for it is their secretion which keeps the hair soft and smooth. Were it not for the oil the hair would be tough, hard, and crisp. Who that has watched a bird prune its plumage has not observed the bead go back and forward from the tail? This movement is carried on to distribute oil supplied by the large oil-gland at the base of the tail evenly among the feathers to keep them smooth and silken. The human oil-gland opens by a duct into each hair-follicle, near its orifice. The hair-muscle above mentioned when it contracts presses on the oil-gland and squeezes out the oil.

The operation of washing comes in here. Dr. Jamieson says: "When short, the hair may be washed, if desired, every day; and this practice, if commenced in early life and continued, is said to postpone at least its becoming grey. It should be washed as often as necessary to keep it clean and its roots healthy. Any good soap may be used to wash it with, or the white of an egg well whipped up, which cleanses it *without drying it so much as soap does*. It is often recommended to wash the hair with borax. This cleans it, but leaves it dry." The newly invented superfatted Vinolia Soap is the soap of soaps for the hair, as the extra fat prevents the drying action peculiar to most soaps. It is the only soap for the hair.

MORE ABOUT LEPROSY.

IN a recent leading article on leprosy, the *Lancet* says, "On the clinical side an important series of cases has been collected by, among others, Hillis, of British Guiana, and Besnier, of Paris. Three cases may be specially alluded to. In 1877 Benson recorded the case of a man who contracted the disease in India, which developed in Dublin: his brother, who had never been out of Great Britain, wore the leper's clothes and shared the same bed, and subsequently developed the disease. In 1885 Dr. Arning, at Honolulu, inoculated a criminal condemned to death. In 1888 he was without doubt an advanced leper.

"A striking instance is related by Dr. Zuriaga in the *Annales de la Dermatologie*, vol. ix., which occurred in a village in Alicante. A leper came there in 1850, and lived with a friend in the closest intimacy, who soon showed symptoms of the disease, and from these two nineteen other relatives and friends, who closely associated with them, have become lepers; and since 1850 no less than sixty cases altogether have occurred in this small village, which had previously been free from the disease. On the social side may also be mentioned the fact that in Norway the number of cases has been reduced 50 per cent. in the twenty years since strict segregation has been adopted. A similar experience has been met with in Surinam. On the other hand, the way in which the disease has spread in Honolulu, where it was unknown prior to 1848, when it was supposed to have been introduced by the Chinese, is very difficult to account for satisfactorily on any other theory than that of contagion.

"On the pathological side, the discovery of the bacillus (or germ) lepræ by Hansen has greatly strengthened the belief in contagion. This bacillus has never been found in any other disease or condition than leprosy, while it has invariably been found by competent observers in the skin of tuberculated lepers from all parts of the world. In the non-tuberculated cases, on the other hand, it is invariably absent in all the sores due to the diseased nerves, but it has been found in the nerves themselves when the disease is not of too old a standing, and in those skin lesions of mixed nerve and skin leprosy not dependent on disease of the nerve trunks. This goes far to explain the non-transmissibility of nerve leprosy.

"The evidence, on the whole, then, is strongly in favour of the disease being communicable, but all are agreed that it is only so in the ulcerating stage of the tubercular and mixed forms by inoculation of the pus on an abraded surface, either directly from the patient or by the stained clothing or other articles contaminated by the secretions from leprous sores. It is certainly not communicable by aerial infection, in the same way as small-pox or other exanthemata. In short, leprosy at most is only communicable in the same way as syphilis, a disease to which it is closely analogous, differing chiefly in its long period

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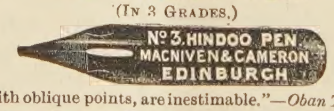

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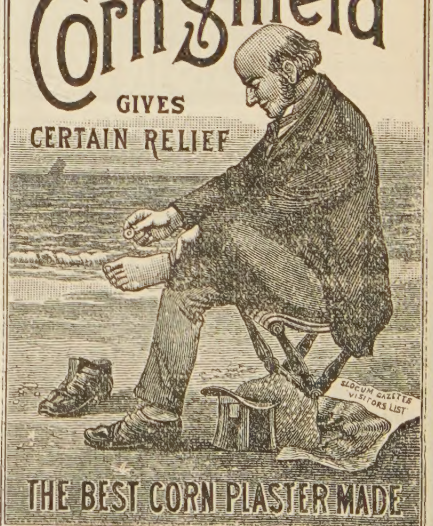

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of incubation, its slow but progressive course, and in its rebelliousness to treatment; and, again, while the communicability of syphilis diminishes as the disease becomes older, until at last it is only a personal matter, leprosy, on the other hand, becomes more and more communicable as the disease advances, owing to the breaking down of the infiltrated tissues, which as a rule only occurs late in its course. It is obvious, therefore, that isolated cases of leprosy might safely be admitted to the wards of a general hospital, the attendants only taking the same precautions against personal inoculation while dressing the sores as they would in a case of syphilis. At the same time, if there were several cases together, it would be desirable that they should be placed in a separate ward, if only on account of the feelings of repugnance which their appearance would naturally excite in other patients."

Mr. Jonathan Hutchinson, writing on acquired leprosy in the *British Medical Journal*, says:—"The sad illness and death of the hero-priest has impressed the public with the belief that the disease is contagious, whereas it proves no such thing. The risks to which he exposed himself were far other than those of contagion—they were those of food as well. When I visited the leper establishments in Norway some years ago, I made diligent inquiry for instances of apparent contagion; I asked more especially whether strangers visiting Norway ever contracted it. Everywhere I was met with an emphatic negative, but everywhere I was told of one well-known exception. This exception was a certain German officer who had come to live in Norway and had become a leper; but, added my informants, 'he degraded himself and lived amongst the fishermen as they did, and he deserved to get it.' The large leper establishments at Bergen and Molde were officered by healthy persons, and no one feared the disease. Recent microscopic discoveries have done something to explain the difficulty of contagion, while at the same time confirming our belief in its possibility. They have shown that the microbe, which is no doubt the means of contagion, flourishes only in the true skin, and never invades the epidermis; and, further, that it is not present in the granulations of ulcerated parts. Thus it can probably be transferred only when special care is taken to secure the success of the experiment.

"Our experience as to lepers in England is all in the strongest possible sense adverse to the belief in accidental contagion. We admit them into our hospitals, and observe no precautions; we allow them to mix freely with their relatives; in the case of children, to go to school; and, to give lastly the strongest possible proof, we permit leprous husbands to continue cohabitation with their unaffected wives, and no ill-results ensue. I have within my present knowledge at least three married couples living under the conditions suggested, and in no instance has the wife suffered. Indeed, to sum up, there has not been in England, within my knowledge, a single instance of even suspected contagion. I have never myself seen a single patient in whom the disease had not been acquired during residence abroad. The profession in general is agreed as to these facts, and it is thus nearly unanimous as to the extreme rarity of contagion. We admit its bare possibility, but little more.

"On several other very important points it may, I think, be said that the profession is well informed and all but unanimous. We no not believe that there are any real varieties in leprosy. It is one and the same disease wherever it occurs and under whatever conditions it is produced. The different names which have been given are names only for different stages or for different manifestations in the same patient. The Norwegian fisherman, the Hindu peasant, the Sandwich islander, and the wealthy West Indian planter, all, if they become leprous, show the same symptoms. With slight differences in relation to vigour of constitution and exemption from hardship, the disease runs the same course in all. This fact of sameness, without regard to social position of the sufferer, or to climate, is extremely important. It points us without fear of error to the inference that the cause must be always the same, and a very definite and peculiar one. There is no vagueness about the result, there can be no vagueness about the cause. A person is either a leper or he is not; he either has the poison, and will of necessity experience its full and dire effects, or he is wholly free.

"Not only is leprosy as we now know it the same in all parts of the world, but there is good reason to believe that it was always the same in times when its prevalence was far greater than it is now. Let us note in this connection that in countries where it has died out, it has died out absolutely. Not a single sporadic case, for instance, is ever now seen in our own country. Every case that we see in British practice is an imported one, coming from some country where the disease is still prevalent.

"The facts to which reference has been made being generally admitted, and once for all considered as beyond debate, the problem before us in our search for a cause becomes, I think, much narrowed. We feel sure that this cause is not contagion, we feel sure that there is nothing in even the slightest degree associated with poverty, dirt, or hardship, we feel sure that nothing that we know of under the name of climate has anything to do it. What then have we left us to inquire about? Little or nothing I would submit excepting the all-important question of food. Since it can begin without inheritance, is with the utmost difficulty contagious, since it affects those who live in hot climates just as it does those who live in cold ones, pays no respect to wealth and station, to age or sex, but of those who live in the districts and conform to the local modes of life picks out one here and another there, we are, I think, driven to the conclusion that it must depend upon some very special kind of poison of rare occurrence taken in connection with food.

"Such an hypothesis would cover all the facts, and none other would. I do not believe that it is possible to suggest any other that would not be instantly confuted by the facts. If we conceive that the bacillus is received into the body in some article of food, and add to our hypothesis that it is probably by no means commonly present, we see at once how the occasional but very rare infection of those who visit leprous districts may be brought about, and how it is that of the natives themselves only a minority suffer. We see also how it is that recoveries now and then occur in those who leave the dangerous districts, whilst they are seldom or never impressed in those who remain."

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The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

THE SUMMER CARE OF CHILDREN.

By HENRY DWIGHT CHAPIN, M.D.

(Concluded.)

THE air at the sea-side is stimulating and somewhat irritating. It is moist, and impregnated with fine saline particles derived from the water, that act as a tonic to the mucous membranes. Ozone is likewise present. It is desirable, if possible, to stop at a beach that is connected with the country, where shade-trees and green vegetation afford a healthful and pleasant change from the shore. A great collateral advantage of a place so situated is that fresh milk and vegetables are usually easy to obtain. Canned vegetables form the staple diet at too many summer resorts, and counteract much of the good derived from the change. Scrofulous children with enlarged lymphatic glands do well at the sea-side, also those having various degrees of rickets, from the beaded ribs and sweating head to the graver deformities shown by curvatures of various bones. Those having manifestations of malaria, particularly if chronic, are improved by a stay at the sea.

Babies with persistent diarrhœa likewise usually improve, particularly if good milk can be obtained. Young children very readily lose their red blood corpuscles and become anæmic when they have been much confined at school or otherwise. Such cases are more or less dyspeptic, and their digestion and general health will markedly improve at the sea-side. The same can be said of children who have grown too rapidly for their strength. It is generally a mistake to send children with weak throats and lungs to the sea-board. Bronchitis, asthma, pneumonia, and kindred affections are apt to do badly there. The same is true of kidney affections, rheumatism, and the various skin diseases. If there is any tendency to marked nervous disturbance, such as epilepsy, the child had better be sent inland, where the air is not so stimulating. Children with weak or sore eyes suffer from the glare at the sea-side, and must be sent elsewhere. Dark blue or smoked-glass goggles may sometimes be worn to advantage in other cases, particularly if the eyes are at all sensitive. No rules can be universally applied, and there may be exceptions to the indications we have given with reference to mountain and sea-side resorts. If experience has shown that a child does well in a given locality it should be sent there, although theoretically not indicated. It may be well to bear in mind that sea air is capable of doing more harm than mountain air where it does not agree.

One of the great advantages of the sea-shore is the bathing. This acts as a powerful tonic, which must not be recklessly used. Babies under two or three years should not be taken into the surf, nor, unless unusually vigorous, should children under five. Children of three may be benefited by still bathing. They can be given baths in a tub of sea water that has been warmed in the sun or otherwise. Older children can bathe in the surf, care being taken not to needlessly frighten them. It is an every-day sight at the beaches to see little children dragged screaming into the water. This is not only cruel in itself, but frequently begets lasting terror of the water. After having wet the head and hands, let the children be coaxed into the water, allowing them to take their own time, and not to constantly feel that they are liable to be seized. Under such treatment timid children will often eventually become good little bathers. For those who become easily chilled there are frequently lagoons or bays where the water is warmer than in the ocean itself, and which afford good bathing.

It is just as well for children to wait two or three days after arrival at the shore before beginning to bathe, when they will become accustomed to the air and surroundings. The bath had better be taken some time between ten a.m. and five p.m., when the air is not too cool, and not too soon after eating. The water is apt to be the stillest at about half-flood tide. The duration of the bath may be from five to fifteen minutes. After the first chill of entering the water, there should follow a glow of reaction. If this does not happen, or as soon as the lips and finger-nails become blue, the bath must be instantly terminated. If a child or adult does not experience a comfortable glow after a bath, it has done more harm than good. Children in the water should be constantly watched, as by staying in too long they frequently lose all good of the bath. Light flannel should form the material of the bathing-suit, and never cotton or linen, which clings to the body when wet, and thus provokes a chill.

It is better to dry the child at once, and not allow it to play around in wet clothes. This is well accomplished by thoroughly drying and rubbing the skin with Turkish bath towels. The friction will help to restore the circulation, and bring on a glow in case there is not a good reaction. Harm is sometimes done by small and badly ventilated bath houses that are almost suffocating in the hot glare of the sun. Rather than use such a house, the the child had better be carried directly to its room, where dressing can be accomplished at leisure in an atmosphere not so oppressive. It is well to encourage the child to rest or take a short nap after the bath.

A never-failing source of health and amusement at the sea-shore is playing in the sand. Nothing is purer than the white sand there found, and by digging in it the muscles of the arms and legs are hardened and strengthened. Such a benefit lasts long after the tan has worn off from the skin. Every facility in the shape of pails and shovels that will encourage such exercise must thus be afforded. With reference to diet, caution has already been given regarding canned articles of food. Fresh fish will agree with most children, but great care must be exercised with crabs, lobsters, and clams. They are responsible for many acute diarrhœas in children as well as adults. There is very apt to be some irregularity of the bowels, either constipation or diarrhœa, during the first few days at the sea-shore. By a little extra care with the diet this will shortly disappear. The diarrhœa is usually caused by the water.

After a visit of several weeks at the sea-side, it is often of advantage to take a short trip to the mountains. Such a radical change may confer great benefit. For a day or so after this change a person may feel drowsy and out of sorts, but this feeling usually disappears at the end of a short time.—*Babyhood.*

CHEMICAL ANALYSIS.—DR. DRINKWATER, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

THE REASON WHY,

Vegetables and meats are sealed up in air-tight vessels to preserve them, so that the bacteria, or minute organisms, which are always present in the air, and which would cause them to putrefy and decay, are thus excluded. The jars are heated before they are finally sealed, so as to destroy any bacteria that may already be present in the food.

Blueing is added to the water in which linen is washed, to neutralize the dull yellow tint which clean linen always possesses. Blue and yellow are complementary colours—that is, when mixed together they make white—so that the peculiar shade of yellow which is common to all intensely white bodies, and which may be—partially, at least—an optical illusion, is neutralized by the blue. Paper, sugar, starch, and many other substances are treated in the same way.

Baking-powders are mixtures of chemicals which, when moistened, liberate carbonic acid gas. They are added to the flour used in bread-making, so that the gas, as it escapes, may puff up the dough, rendering it spongy and light. Yeast serves the same purpose by causing a fermentation in the flour, which also develops carbonic acid gas.

The experienced housekeeper is careful not to boil preserves and jellies too long after the sugar has been added, because the acids in the fruits may cause the sugar to "invert," or split up into two other forms of sugar, neither of which possesses much sweetening power. Neither will she boil jellies made from gelatine too long, or a chemical change will take place, and the gelatine lose its power of "setting," or gelatinizing.

Dry wood gives a hotter fire and is more economical to burn than green wood, because the latter contains more water, and a large part of the heat of the fire is wasted in converting it into steam, which passes off up the chimney, thus carrying the heat into the outer air, where it is wasted.

Soap-suds are better than water for washing purposes, because the soap forms a chemical combination with the greasy matters present, and renders them soluble in water. Without this help, the water could not dissolve them.

Hard water is wasteful of soap, because it contains lime salts, which form an insoluble compound with the soap, thus rendering a part of it useless.

Oil collects on the outside of lamps, because of the capillary attraction of the wick, which draws it up from the inside, and allows it to run over the top of the tube in which the wick is placed. To prevent this, turn the wick down below the top of the wick-tube when the lamp is not in use.

Cake will "fall" while baking, if the oven is suddenly cooled, because the steam and gases which puff it up and make it spongy are condensed, and escape before the albumen or egg in the cake has become coagulated and hard. Albumen, or white of egg, is a liquid at ordinary temperatures, but at the heat of the baking oven becomes a firm and hard solid, giving stiffness and body to the cake which contains it.

Wet clothing hung out on the line will dry when the temperature is below freezing, because ice evaporates into the air just as water does, although more slowly, without passing through the intermediate liquid state.

The "fur" on the inside of the tea-kettle comes from the salts of lime in the water. They are held in solution by the carbonic acid gas present, but when this is driven off by boiling they are precipitated on the sides of the kettle. Scale in steam-boilers is due to the same cause.

Cider is turned into vinegar upon exposure to the air, by the oxygen gas in the air, which unites with, or oxidizes, the alcohol, changing it into acetic acid, of which vinegar is only a weak solution.

Pickles are coloured green by boiling in a copper kettle, because the vinegar unites with the copper, forming a green-coloured salt, similar to verdigris. As this colouring-matter is unwholesome and poisonous, the practice is not one to be recommended.

Tea, coffee, and spices lose their strength when kept in open boxes, because they contain volatile flavouring oils, which gradually evaporate when exposed to the air. Always keep them in tight cans or bottles.

Soot falls down the chimney before a storm, because the air at that time contains more moisture. Soot is hygroscopic—that is, it absorbs the moisture from the air—and, becoming heavier, detaches itself from the sides of the chimney.

Butter becomes rancid because of the formation in it of butyric acid by a peculiar fermentation. As this ill-smelling acid is volatile, and is driven off at high temperature, rancid butter may sometimes be used for cooking purposes without offence.

Syrup and molasses will sometimes begin to ferment, or "work," in exactly the same way that bread does while rising. It can be stopped by boiling them, which kills the yeast plant upon which the fermentation depends.

Carpets and upholstery fade when exposed to the sun, because of the actinic or chemical power of the sun's rays, which decompose the dye-stuffs. This process is closely analogous to that which occurs in the taking of photographs.

Glassware cracks when placed in hot water, because, being a poor conductor of heat, the outside becomes hot and expands, while the interior is still cool. The strain resulting from this unequal expansion causes the fracture. For this reason thin glass, which is quickly heated through, is less likely to break than the thick, heavy varieties.

Polite Clerk (showing goods): "Here is something I would like to call your attention to, lady. It's the very latest thing out." Mrs. Rounder (absently): "If there's anything out later than my husband I'll take it, if only for a curiosity."

Tetanus Treated by Absolute Rest.—Prof. Renzi, of Naples, records several cases of tetanus successfully treated by absolute rest. The method advocated is as follows: The patient's ears are closed with wax, after which he is placed in a perfectly dark room far from any noise. He is made to understand that safety lies in perfect rest. The room is carpeted heavily in order to relieve the noise of stepping about. The nurse enters every quarter of an hour with a well-shaded lantern, using more the sense of touch than sight to find the bed. Liquid food (milk, eggs in beef tea, and water) are carefully given, so that mastication is not necessary. Constipation is not interfered with. Mild doses of belladonna or secale are given to relieve pain. This treatment does not shorten the disease, but under it the paroxysms grow milder, and finally cease. Numerous physicians attest to the value of this treatment.

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Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

THE SHADY SIDE OF BRAIN WORK.

PAPERS ON DREAMS, MESMERISM, AND ALLIED TOPICS, BY VARIOUS WRITERS.

THIRTEENTH PAPER.

THE ANTE-CHAMBER OF CONSCIOUSNESS.

By Francis Speir, Jun.

6. Mrs. ——, of New York city: "I have written a good deal of verse of various kinds—sometimes this has flashed into my mind as a clear conception, but more frequently slower. In one case, I wrote a long piece, of a rather satiric character, in easy rhythm, as fast as I could set down the words, and it needed little or no revision—usually I am dissatisfied with my first copies.

7. Mrs. ——, of New York city: "In half asleep, after consciousness is gone, I am frequently startled wide awake by the recollection of some forgotten duty—or by some entirely new idea, usually something that is practical in character, and works well when put into shape. Measured by my normal standard, these ideas are usually above the medium in clearness and precision, completeness and practical value. They are not new thoughts, but rather expedients, business suggestions; for instance, the idea of writing a series of articles for *Scribner's Monthly* on microscopic studies of vegetable and animal life in its completeness came to me in this way—articles which appeared and have since reappeared in book form, and laid the foundation of most of my work since."

8. Mr. S——, of Philadelphia: "While walking alone, busily engaged in trying to settle a business question—so intent as to have my head down, and quite oblivious to anything around me—an original conundrum presented itself to my mind. (I confess to a slight weakness for punning, but rather despise conundrums, and this is the first and only one I ever concocted.) The conundrum was as much an interruption of my course of thought as if another person had come to me—it was, 'Why is so much bread baked? Because it is all (k)needed.'"

The results of the answers in this subdivision may be summed up as follows: Only 30 per cent. claim to have suddenly discovered the results of creative effort, which they would venture to call new, in the line of practical inventions, poetry, literary conceptions, mathematical solutions, and the like; these creations appeared suddenly, most often while the individuals were engaged on matters foreign to the discovery. About 40 per cent. do not answer the question, and 30 per cent. answer in the negative; while, of those answering affirmatively, only about 25 per cent. are able to give examples.

To clearly apprehend the significance of the facts thus set forth it is necessary to understand thoroughly the conception of human consciousness. The chief difficulty which obscures this subject is a lack of proper differentiation between self-consciousness and consciousness, in their several relations to human unconsciousness. Self-consciousness is the intellectual perception by which the *ego* recognizes the *ego* as seeing, thinking, judging, feeling, &c. Consciousness, though often confounded with self-consciousness, is not a synonym for it, but is merely the environment in which self-consciousness is manifested. Human consciousness is not an intellectual property or state of the mind—it is purely a state of nervous activity; it is nervous energy in a most intensified form. Human unconsciousness is a less intensive state of nervous activity, wherein self-consciousness cannot be manifested.

Nervous activity is ever the same in kind, and, while there is a great difference between the simplest reflex action and the highly developed state of consciousness, yet this is one of degree alone. Intellectual activity is ever present in the brain, and every moment is producing new results without cessation from birth to the grave. As a condition precedent to the existence of these results of our changing thought-life, the brain requires a supply of blood commensurate to the calls made upon the nervous energy and corresponding to the intensity of its activity.

There is a broad belt of border-land between consciousness and unconsciousness, whose limits are uncertain, yet where the manifestations of intellectual activity are recognized, which prove the kinship of the life of those two great regions. The world judges each individual by his intellectual activity manifested in consciousness. Upon this our judgment of him is based, as this can be the only known or possible method of determination. Many "mute inglorious Miltons" undoubtedly exist, yet for the world they do not really exist. Shakespeare produced the character of Hamlet, Hamlet came through the door of Shakespeare's consciousness to greet and astonish the world; yet Hamlet and Lear and all the glorious company of Shakespeare's known creations represent not a tenth part of the finished idealized conceptions of character that were born in Shakespeare's brain while he, unconscious of his labour, acted or wrote or dreamed after an evening of sack at the "Mermaid" with "rare Ben Jonson."

That indefinable personal equation which distinguishes the individual from all others is the limit and condition of his unconscious intellectual activity. Newton discovered the workings of the law of gravitation, and happily perceived it in his phase of consciousness, and the world has become so much the wiser on account of this accident. The workings of other laws of nature he undoubtedly formulated to just as definite and logical conclusions, yet these he and the world have never known. It is most improbable that Sir Isaac Newton in consciousness or unconsciousness ever created a finished ideal like Becky Sharp or the Heathen Chinee. The novelist Dumas, after a period of active living and omnivorous reading, would board his yacht on the Mediterranean, and lie half torpid and dreaming day after day on her deck, hardly noticing his environment; then suddenly would change from this state and betake himself to work, summoning into existence the results of his unconscious intellectual activity, dashing off chapter after chapter, not of some work on theology, but of a novel. So perhaps were Chicot and the immortal Athos, Porthos, and Aramis conceived. The limitations of the personal equation forbid the idea of an intellectual activity existing in unconsciousness unlike that found in consciousness. On the contrary, we are forced to predicate an absolute relation in kind between the results of such activity in the two distinct phases of our life; just as when we see the fossil types characterizing a Silurian stratum cropping out horizontally on some hillside, we can as surely determine what will distinguish the fossil forms of the interior of that hill as if we summoned an army to remove the incubus and lay bare for our scrutiny the stratum at the centre.

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SAMPLE TINS GRATIS—through your Grocer or Chemist.

Having once possessed knowledge, we can never lose it; the power to use it may be temporarily lost, but there is no knowing when the proper chord may not be struck, and the old fact of memory or the old problem long worked out may not be regained. All our experiences may fade away into the realm of unconsciousness, yet they are not lost, they are only dormant and biding their time. In consciousness we find the means by which we can exercise self-consciousness, and thus know our own existence. In this most specialized form of purely nervous activity, the *ego* is discerned as an *ego* endowed with reason, will, and conscience. What the genesis of consciousness from unconsciousness is we know not; there is as great a gap here as the step from nothing to life, and there we must stop, seeing our limitations with reverent agnosticism and recognizing the folly and futility of further investigations. The materialization of consciousness has been ordered by science, and it must be recognized as a fact. Mind and body unquestionably react, but the psychologists have, in the past, mingled too great an amount of matter with mind, and science is now surely, but certainly and with pitiless accuracy, separating the two, pointing out the clay that was mixed with the metal supposed to be pure, and relegating the baser substance to its proper place. The fact that consciousness is a mere phase of nervous activity, pertaining to the body and consequently of the earth, earthy, has nothing to do with the mortality or the immortality of the *ego;* it is an argument neither for nor against the existence of a soul. A dog possesses clearly defined consciousness, and yet it is not necessary to predicate a soul as the accompaniment of this possession; to argue thus is to degrade the meaning of the word soul. Consciousness is but a part of normal flesh-and-blood existence; it is nourished and stimulated by a generous supply of healthy blood, and becomes changed and unhealthy by disease. It seems probable that in the vast land of unconsciousness intellectual activity becomes manifold, and each of the many sides of our nature, untrammelled by the restraints of conscious volition, carries on a ceaseless activity, the results of which we sometimes receive and recognize in consciousness.—*Popular Science Monthly.*

MARRIAGE AND INSANITY.

As public intelligence increases, and the important part played by heredity in determining human character and happiness becomes more widely recognized, medical opinion upon the subject of marriage will more often be consulted. Already the questions of marriage and phthisis and of marriage and syphilis have been thoroughly discussed, and a considerable uniformity of opinion has been established. With regard to insanity, there is still diversity of view, and probably much greater actual ignorance, among medical men. A discussion of this subject by Dr. Henry R. Stedman (*Journal of Nervous and Mental Diseases*, January, 1889) is therefore timely.

It is impossible to formulate as yet any definite rules regarding this subject. Alienists at present differ extremely in their views as to the importance of the hereditary element in insanity, perhaps because this element varies enormously with different types of the disease; while it has almost nothing to do with general paresis or puerperal insanity, for example, it has a most dominant influence in epileptic, hysterical, paranoiac, and other forms which are the expressions of a continuous neurotic condition.

When a parent has suffered from puerperal, traumatic, syphilitic, or any form of insanity due to accidental or extrinsic causes, the child, if born before the insanity, can, as a rule, safely marry. Alienists are agreed also that the children of general paretics born before the onset of the disease are safe.

It is claimed, with more confidence perhaps than facts justify, that the mother oftener transmits insanity than the father. Hence insanity on the maternal side carries with it greater danger to the offspring.

Richarz gives the following order of liability to insane inheritance:—

Mother insane,	1,	the daughter	resembling	mother.	
,, ,,	2,	,, son	,,	,,	
,, ,,	3,	,, daughter	,,	father.	
,, ,,	4,	,, son	,,	,,	
Father ,,	5,	,, ,,	,,	,,	
,, ,,	6,	,, daughter	,,	,,	
,, ,,	7,	,, ,,	,,	mother.	
,, ,,	8,	,, son	,,	,,	

Slight mental taints in the parents are more dangerous if there is an element of consanguinity.

The personal history and physical characteristics of the patient himself must be especially studied. If these reveal anomalies of mind and physical stigmata such as indicate the insane diathesis, marriage becomes a risky experiment. At the same time it often happens that a person having a slight mental taint, if married to a robust, healthy, nerveless partner, may have healthy, and even talented, children.

The question of marriage becomes additionally difficult when the party desiring it has been insane and recovered. The conscientious physician will rarely find cases in which he is justified in sanctioning marriages. If there has, however, been but one attack, short in duration, due to accidental causes, and from which the patient has entirely recovered, marriage with a healthy person would be comparatively safe.

Dr. Stedman insists wisely upon the serious results that follow when marriage takes place while recovery is incomplete. The children in such cases are almost sure to be idiotic, imbecile, or the victims of some serious nerve-trouble.

The Coming Census.—Many arguments might be advanced in favour of a quinqennial census, and most sanitarians agree that it would be a great improvement on a decennial census, but there is much difference of opinion as to the nature and extent of the information that should be collected, and while members of each profession, and various economists, naturally desire the collection of a more numerous body of facts, it must be remembered that quantity of information and trustworthiness are usually in an inverse ratio in census returns. The object to be gained by such a collection of facts is to demonstrate the present condition and the progress of the status of the social body corporate and its various elements, that we may know where disease and misery exist, and that we may face the facts and try to effect a cure. The children in school at the time of one census become the working population in the next decade. It would be exceedingly interesting to institute in the census year a special inquiry as to the conditions of development and physique of children in schools, as a means of judging the effects of conditions of child-life upon the future adult population. Facts thus gained would render it possible to obtain some knowledge concerning the relations of marriages, the number of births in the years, the rate of wages, the amount of pauperism, &c., upon the conditions of child-life in the next decade; at the same time the relations of the conditions of child-life to those of the adult population of the next decade would in some degree become apparent.

Jottings from the Journals

" Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Fruit and its Culture.—For many years an increasing demand for fruit as an article of diet has indicated a satisfactory soundness of public taste. The fact is the more noteworthy that it is probably due not merely to a sense of the refreshing effect of such food, but also of its nutrient value. Into this matter we will not now enter at length. We feel sure, however, that our readers will agree with us that few substances are more likely to aid the digestion of a moderate meal, while adding certain useful constitutents, than a little bland or subacid fruit. Some allowance must, of course, be made for constitutional disability—such, for example, as is often associated with a gouty tendency or with intestinal irritability. So, likewise, must it ever be remembered that safety in the use of any raw fruit corresponds exactly with its ripeness. With such needful qualifications, however, a liberal allowance of this form of nourishment will be found by most persons as wholesome as palatable. It is, therefore, a matter for congratulation that in proportion to the increasing demand there has been evident on the part of fruit growers and importers a disposition to consider earnestly the question of ways and means in relation to its supply. The prospects of cultivators at home have of late received special attention, happily so far with encouraging results. In spite of certain guarded and somewhat ominous utterances on the subject, there seems to be a pretty general agreement among producers that fruit farming can be made to pay, and to pay well, if reasonably favourable conditions be guaranteed. These include a readjustment of present railway rates, a modification of the extraordinary tithe dues, and a greater fixity in land tenure, or some compensation for necessary outlay in planting and rearing a slowly productive though valuable crop. Another necessity is the wider dissemination of knowledge as to the soil and exposure best adapted to the growth of different fruits and their varieties. Every product has to traverse opposing difficulties in order to succeed, and that under discussion evidently forms no exception to this rule. There is happily no reason to regard any one of those enumerated above as insuperable. Where the arrangements of railway companies have been too costly, other modes of carriage have before now been successfully employed. It is hardly to be expected, however, that either the companies or any intelligent landowner will long persist in refusing to meet, as far as possible, the views of persons interested in what bids fair to become, with judicious encouragement, a flourishing national industry, and one, moreover, which is likely to hold its own in the face of foreign competition.—*Lancet.*

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Brain Workers.—The *Medical Age* says that the most frequent fault of the brain worker is excessive application to work. "The most intense and fatiguing of toils is pursued almost uninterruptedly, food is neglected, and the claims of exercise and sleep are but imperfectly admitted. Two hours' exercise in the open air, daily, is probably a minimum, and might prudently be exceeded. The brain worker must live sparingly rather than luxuriantly, he must prefer the lighter classes of food to the heavier, and he must be very prudent in the use of alcohol. Tobacco and tea are apt to be favourites with him, and their immoderate use may require to be guarded against. It is a nice question whether he needs more or less sleep than other men. Many men of genius are light sleepers, probably in some cases a misfortune, but there seems some ground for the notion that more than a moderate indulgence in sleep is unfavourable to successful mental effort." A commentator upon the above remarks says that he cannot fully agree with them. Mental effort, he says, and the Cincinnati *Medical News* agrees with him, causes waste of tissue elements quite as much as bodily exertion, and this demands a full supply of food. What with dyspepsia and absence of appetite, the results of deficient exercise, and the influence of preconceived ideas as to the use or disuse of special articles of food, the brain worker is very apt to receive too little nutriment to make up for the waste. Especially is this the case when he, unconsciously, perhaps, replaces food by the use of tobacco, tea, alcohol, or opium. Some advise to go supperless to bed. This most medical authorities of the day think is a wrong notion. It is a fruitful source of insomnia and neurasthenia. The brain becomes exhausted by its evening work, and demands rest and refreshment of its wasted tissues, not by indigestible salads and "fried abominations," but by some nutritious, easily digested and assimilated articles. A bowl of stale bread and milk, of rice, or some other farinaceous food, with milk or hot soup, would be more to the purpose. Any of these would ensure a sound night's sleep, from which the man would awaken refreshed.

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Recent Improvements in the Sanitation of Ocean Mail Steamships.—During the last ten years great sanitary improvements have been made in the saloons and cabins of leading ocean liners for first-class passengers, as well as other changes of a luxurious kind. In the saloons more cubic space has been allotted in proportion to the number using such than formerly, and better means have been adopted to ventilate and warm them, though much more requires to be done in this direction. The change in the location of the saloon from the stern of the steamer to a place a little forward of the centre has added to the comfort and somewhat to the health of the passengers by greatly diminishing the movement of this room. A further effort has been made to reduce the saloon movement to a minimum as regards both length and depth in the new White Star Liners, *Teutonic* and *Majestic*, as the saloon in each steamer has been placed in its very centre. Before the introduction of the electric light for the illumination of saloons these compartments were often ill-lighted by bad-smelling oil lamps, which vitiated the air therein very much and aggravated sea-sickness. Now, however, such rooms are very artistically and comfortably illuminated by incandescent electric lamps, which emit a beautiful subdued light and do not contaminate their atmosphere. The hygienic improvements in the state-rooms or sleeping-cabins have made still greater progress, and, in the opinion of many voyagers, far more appreciable changes have been effected in them than in the saloons. In the place of three and four-berthed cabins of small dimensions, and with two upper berths which often required a considerable effort to climb in them, larger rooms are now provided in the best mail steamers, having only two berths, and are so arranged that there is not an upper and lower berth in the same cabin. Easy chairs, chests of drawers, hanging cupboards, and better lavatory accommodation are also provided; better attention is also given to ventilation, and especially in steamers

going through the tropics. Beyond artificial ventilation worked by the engine, larger port-holes have been made. Each cabin is also provided with the electric light under the control of the occupant and available at will. The result of this and the additional space given to each passenger is that there has been a great diminution of vitiated atmosphere in the cabins, whereby the health of voyagers has not suffered to anything like the degree it did in the unhealthy cabins previously existing. Then, again, the comfort of first-class passengers has been further improved by placing their cabins in the middle of the ship, so that their rest will not be disturbed as it was only a few years ago by the vibration of the propeller shaft and screw, on account of these cabins being situated at the stern of the ship. By the present position of their cabins they also suffer less from sea-sickness than was previously the case. In the best recently constructed ocean liners not only have numerous sleeping-rooms of large size been provided for families, but several cabins suitable for single passengers only. This arrangement has been made on the two White Star Liners before referred to, and which will soon be ready for their Transatlantic voyages. Excellent bath and lavatory accommodation of the most modern description is provided close to each section of the first-class cabins on these steamers. The improvements indicated both in saloons and cabins have been effected on the four last built steamers of the P. and O. Company, two of which, the *Victoria* and *Britannia*, the writer inspected, with the kind permission of one of their officers.—*J. N. Porter, in the "Sanitary Record."*

Messrs. Cassell send us Part 9 of their *New Popular Educator* and Part 33 of their illustrated *History of England*. Both works continue to be of educative value. *Babyhood* (92, Fleet-street, London, E.C.) is a periodical from whose instructive pages we have frequently quoted articles written by the highest authorities in America on infant life and its management. The present number is an admirable one. Our contemporary has our best wishes for its full success.

Oriental Aromatic Salts.—"A Lady" writes to us as follows regarding these admirable salts:—"I thank you for recommending me to try the Oriental Salts. They act admirably in softening water, and I attribute the disappearance of blackheads in the face entirely to their use." We may add that at the present season, when sea-bathing is so much in vogue, the Oriental Aromatic Salts should be used after the sea bath in all cases in which any irritation is experienced after the use of sea water. If the body is sponged over with fresh water in which a little of this preparation is dissolved, all untoward effects of the salt water will be obviated.

Electricity and Light.—Dr. Moser draws attention to the following curious phenomena: The leaves of an electroscope are caused to diverge by charging with, say, 150 cells. On allowing a ray of direct sunlight to fall on the instrument the divergence is increased, and it returns to its original amount when the light is cut off. A common match (sulphur with phosphorus tip) will glow in the dark when brought close to a charged body, such as the cover of an electrophorus. The mercury in a capillary electrometer falls when a ray of sunshine falls on it, just as it does when connected to the zinc of a battery. The effect is distinctly electrical, not thermal, as it vanishes when the upper and lower mercury columns are short-circuited by a wire.

Sanitary Appliances, Etc.

SUNLIGHT SOAP.

Some years ago Health was one of the first journals to recognize the merits of "Sunlight Soap," and in an early issue of this journal we expressed a very high opinion of its merits. It is gratifying to us to be able to record the success of our prophecy that "Sunlight Soap" would be widely used and universally appreciated. The lapse of a few years has made this soap "familiar as a household word." Sir Charles Cameron, M.D., certifies to its purity, and states that he uses this soap for toilet use. No better proof can be demanded or given of the excellence of the manufacture for which Messrs. Lever Bros., of Warrington, have become famous. A special point of interest to careful housewives consists in the fact, that of all the soaps analyzed by the proprietors of the *Grocers' Gazette*, Sunlight Soap was the preparation which contained the highest percentage of dry soap; showing that it is really an economical article, and not overloaded with water, as is the case with so many soaps now offered in the market. It is free from all impurities, and has a remarkable power of cleansing clothes without the exercise of rubbing and manual labour. These qualities have gained for it universal commendation; and no higher praise can be bestowed upon any article. Messrs. Lever Bros. appear at once to have solved a chemical difficulty, and to have scored a commercial success which is as wide as it is deserved. We have been struck by the mild nature of "Sunlight Soap," and by its non-injurious qualities as regards the skin, even when it has been used continuously for long periods of time. Sir Charles Cameron's chemical testimony, in our experience, is fully confirmed by the results of its domestic use.

Among the interesting features of Messrs. Lever Bros.' commercial enterprise, which have recently been laid before us, is the report of a washing competition, held at Bouveret, on the lake of Geneva. A continental journal heralded the competition as follows:—From the very hard weather we have been experiencing of late, our worthy laundresses have doubtless to suffer most. Now, there is a holiday announced to them which is without precedent, and to which we wish them a sunny day so as to leave a bright souvenir in their hard-working life. Messrs. Lever Bros., manufacturers of the "Sunlight Soap," of Lausanne, have arranged a gratuitous excursion on the steamer *Léman*, from Geneva and the ports mentioned below, to Bouveret, on the occasion of the *concours* of hygienic and economic washing, which is to take place on Easter Monday, the 22nd inst. The programme includes a great fête and gratuitous dinner to the laundresses of Geneva and the towns of the Swiss coast of the lake—splendid music—distribution of prizes. The boat will stop, going and returning, at Geneva, Versoix, Coppet, Nyon, Rolle, Morges, Ouchy, Lutry, Vevey, Montreux, Territet. The programme and time-table will be published later on. The invitations to the fête and cards for the dinner are absolutely gratuitous. Anybody wishing to take part in the fête is requested to register with the Quay-agents of the Navigation Co., at the ports stated above, or at Geneva, with Mr. Fillietaz, Inspector-General of the Company, on the Quay du Jardin Anglais."

The result of this novel domestic fête is also graphically given by a continental contemporary (*Le Journal de Genève*):—"We have now to report some details with regard to the washing competition. The delayed return of the *Léman* rendered it impossible for us to give a full account yesterday. Through the low water it had become necessary to forward 150 persons by the steamer *Ville de Genève* as far at Versoix, where the *Léman* afterwards took them up. The boat was not to call at Coppet; but, nevertheless, the whole populace was assembled on the shore. Similar crowds of people saluted the advertisement boat when passing Nyon, Rolle, and Morges. Starting from Morges, the *Léman* took no more passengers, except at Ouchy, where a few specially invited (especially some Vaud journalists) were embarked. After Ouchy the *Bonivard*, also covered with flags, took up the laundresses, and, finally, at Montreux, a third was joined to the two, thus making quite a fleet. The arrival at Bouveret took place about one o'clock, and the landing was effected at the station port. A procession was then formed with about 1,000 persons, which set off for the Châlet des Crêtes, situated at a little distance, where a large number of tables were laid, expecting the dinner party. Before taking seats, however, those laundresses who were to take part in the contest as the representatives of the different localities started their first operation with 'Sunlight Soap.' On the shore a dozen butts were placed in a row with a few serviettes to wash, and each was provided with a piece of 'Sunlight Soap.' The laundresses stripped up their sleeves and awaited the signal.

"At last the fight began. All hands rub and soap that it is quite a treat to look on. After everybody takes a seat, and the dinner begins. The view was most delightful, and the utmost gaiety reigned throughout the whole of the meal. A table was reserved

for those specially invited by Messrs. Lever Bros., whom their Swiss agent, Mr. Lavanchy-Clark, represented worthily. A laundress from Plain-Palais brought out a toast on the organizers of the fête. She finished up as follows: 'Now I hope that our employers will buy a lot of soap, so that these good gentlemen may be able to often organize such excursions as to-day's.' After dinner, finishing up of the washing, and distribution of prizes, of which the following is a list:—Prize of Honour (hors concours), Miss Lefevre, laundry St. Adelaide, Paris. Prizes: 1st, Mrs. Hubert, Geneva; 2nd, Mrs. Birre, Ouchy; 3rd, Mrs. Ferraris, Morges; 4th, Mrs. Chambaz, Lutry; 5th, Mrs. Sénéchaud, Montreux; 6th, Mrs. Pahud, Lausanne; 7th, Mrs. Bonmotte, Rolle; 8th, Mrs. Meyrier, Nyon; 9th, Mrs. Borrand, Vevey; 10th, Mrs. Jaggi, Cully; 11th, Mrs. Cavin, Villeneuve." It is clear "Sunlight Soap" and its merits are as fully recognized abroad as at home.

OPENING OF BURROUGHS, WELLCOME & CO.'S MODEL MILLS AT DARTFORD.—The town of Dartford presented a lively appearance last week. Mr. Henry George and a large party of his friends had come down to assist at the reopening of the Phœnix Mills, now owned by Messrs. Burroughs, Wellcome & Co., of Snow-hill-buildings, London, manufacturers of chemical preparations and drugs. The beautifully laid-out grounds which surround the mills were filled with persons who had come to hear the one-tax question explained and discussed by its originator. The Phœnix Mills are very picturesquely, and, for the firm's purpose, usefully built on a strip of land which divides a Thames canal from a fresh running stream, which has been utilized to form the large ornamental lake dotted with small islets in front of the buildings. From the wharf at the back of their warehouse Messrs. Burroughs, Wellcome & Co. can send their goods direct by barge to their shipping offices on the Thames, while the spring in front is utilized in the manufacture of the goods, being almost chemically pure. Dartfordians contend that there is one spot in the gardens where you may stand with a rod in each hand and bring up in a few minutes a fine pound trout with the one and a fine pair of soles with the other. Izaak Walton's ghost ought surely to haunt the Phœnix Mills. The inside of the factory is, of course, all that a model factory ought to be. There are storing rooms, mixing rooms, drying rooms, boiler rooms, and packing rooms galore. We are shown the facsimile of Stanley's travelling medicine chest, containing every conceivable drug that can be taken in a compressed shape. At eight o'clock Mr. Henry George made a speech, declaring the mills open, which was received with enthusiastic cheers. When the Phœnix Mills are in full working order the town will benefit to the tune of some £20,000 a year. The lecture-room was beautifully lighted with Messrs. Henry Green & Son's "Meteor" lamps (of 153 and 155, Cannon-street, E.C.), the brilliancy of which can only be surpassed by the electric light itself, which is its only rival. Later in the evening, Mr. George enlightened his large audience on the land question. Those who did not manage to get into the crowded lecture-room had an opportunity of seeing the one-tax hero in fireworks, sent up from one of the islands on the lake, "every feature faithfully reproduced" in coloured fire. This was the portion of the proceedings which excited the recent enthusiasm, and was certainly a brilliant idea on the part of the fête's originators. Chinese lanterns hung on every tree, the islets shone like glowworms on the lake, illuminated with countless little lamps: Dartford—even those without the paling, so strictly guarded by two policemen—had a glimpse of fairyland last week, thanks to Messrs. Burroughs, Wellcome & Co., who stand as the pioneers of pharmacy as the makers of pure and, above all, palatable drugs. Their "Tabloids" are the delight of physicians and the boon of every invalid.

IMPORTANT ANNOUNCEMENT.

BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor.*

THE relative hardness of woods is calculated by the hickory, which is the toughest. Estimating that at 100, we get for pignut hickory 96, white oak 84, white ash 77, dogwood 74, scrub oak 73, white hazel 72, apple tree 70, red oak 69, white beech 65, black walnut 65, black birch 62, yellow and black oak 60, hard maple 56, white elm 58, red cedar 56, cherry 55, yellow pine 53, chestnut 52, yellow poplar 51, butternut and white birch 43, and white pine 35. According to this formula, woods possessing a degree of hardness equal to only about 40 per cent., or less than that of hickory, should not be classed as hard woods. Such woods are, however, limited in quantity, and are not of sufficient importance to justify a classification, and the trade will continue to construe hard wood to mean everything except white pine.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

ERNEST.—For the body-irritation try the following ointment:—Resorcin, one drachm; lanolin, zinc oxide, and powdered starch, of each, two drachms. Mix. Label: "Apply night and morning."

S. E.—Rest your eyes as much as possible, by night especially, and avoid reading or writing more than you can help. Try also the effect of bathing them with a lotion made by dissolving six grains sulphate of zinc in six ounces of rose water. Dilute a little of this lotion with an equal part of cold water, and use this twice or thrice daily.

BIMBI.—The following hair-lotion should be tried:—Quinine sulphate, twenty grains; glycerine, one fl. ounce; Cologne, two fl. ounces; bay rum, two fl. ounces; rose water, eleven fl. ounces. Rub the quinine with the glycerine, and add the other ingredients in order named. The addition of fluid extract of jaborandi is recommended to stimulate the growth. Keep the hair short, and wash it once a week with Bayley's Soap and tepid water.

IRIS.—A depilatory is made as follows:—Sulphide of sodium, three drachms; lime, ten drachms; starch, ten drachms. Make a paste with water; apply to the skin for two minutes only; then scrape off. To be used with care; but no depilatory will prevent the hairs from growing again. Electricity alone can permanently remove hairs. See article in HEALTH, No. 149.

LESHMAHAGOW.—Pruritus is a most troublesome affection to heal. Wash with Vinolia Soap, and apply Vinolia itself thereafter as an external remedy. Try the Pitkeathly Water with Lithia, advertised in our pages.

M. F. S.—Take Blaud's Pills after food, one pill twice daily at first, and to be increased by one pill daily, until, say, six are taken each day in your case. Note the effect of these. Any druggist will supply the pills.

FLORENCE.—Try the effect of taking twenty grains bromide of potash on going to bed in a wineglass of water, and repeat the dose between meals during the day if your symptoms still trouble you. If not cured, write again.

S. B. DOWN.—Read the pamphlet "A Lecture to Young Men," (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the tonic remedies therein prescribed. In future, address the Publisher relative to copies of HEALTH separately from communications intended for the Editor.

ROCK.—In your case, we should strongly advise you to seek advice at the Royal Infirmary of Edinburgh or Glasgow. Place yourself under the care of a surgeon there, and take his advice. If an operation is desirable, have it performed in hospital, as you are unable to afford fees for medical advice; and do not tamper with any remedies such as those you name, which will probably only result in leaving you poorer alike in pocket and in health.

E. WALLACE.—Take our advice, and give up drinking altogether. There is no necessity to do so in business. Many commercial men are teetotalers, and you would be worse than foolish to sacrifice your health and comfort to any such practices as those you describe.

G. R.—You were replied to in last week's HEALTH. You give yourself and us much trouble by your neglect to look for your answer in these pages.

ELECTRIC 192.—Your best plan of treatment is to wear a suspensory bandage, to sponge the parts morning and night with cold water to which a little Hazeline has been added, and to avoid constipation by the use of the diet, &c., recommended to "Beta" in last week's HEALTH. You should not dream of having any operation performed, since the affection in your case seems to be utterly mild and not painful.

WHISKY.—What do you wish to use the alcohol for? You do not name any disease or affection, and if you are in good health you require no such treatment.

LEEDS CLARENDON.—You must restate your case. We do not preserve correspondence, and we have no recollection of your previous letter.

ARTHUR X.—You are alarming yourself quite needlessly. What you name is perfectly natural. If you place yourself in the way of being excited, you need not surely feel surprised at the symptoms you name.

W. A. H.—Brush your teeth night and morning with Bunter's Puriline Tooth Paste (advertised in our pages), as such symptoms are usually due to neglect of the teeth. Take also the powders ordered to "John Hay" in last week's HEALTH, and write again, if not cured.

J. C.—We strongly advise you to try the cold bath each morning, with brisk friction afterwards. Dissolve salt in the bath overnight. Wear Forsyth's Summer "Hygienic" Woollen Underclothing (17, Renfield-street, Glasgow), and try the plan of taking a dessert-spoonful of Scott's Cod Oil Emulsion after food, thrice daily. This will brace you up. Your diet must be generous, and include a little stout or claret to dinner. You need no other treatment, save a general bracing *régime* such as we indicate. If you are wise you will try Brighton, Eastbourne, or Hastings for your holiday; or spend part of your time there, and part at Margate or Ramsgate, Lowestoft, or Yarmouth, which are all better adapted for you than the north of France. If you desire to go to France, you had better try Dieppe first, and go from there to any of the resorts near that seaport. We described "Foreign and Home Resorts" in two series of articles in the earlier volumes of HEALTH. Write again, if we can be of service to you.

AMPHIOXUS.—What you name is often caused by indigestion, and by taking exercise too soon after meals. See to your food, and rest after meals regularly. Take twenty drops Cascara Cordial in water, between meals, once or twice daily, or two Cascara Tabloids (Burroughs, Wellcome & Co.'s), and let your diet consist of vegetables largely for a time. Let us hear how this advice serves your case.

B. G. POWER.—Try the Oriental Aromatic Salts (advertised in our pages), and use them regularly dissolved in the water you wash with. Use Bayley's Spermaceti Soap.

M. A. B.—Apply to Mr. Forsyth, 17, Renfield-street, Glasgow, for his list of Summer Hygienic Woollen Underclothing, and wear this regularly; replacing it in winter by Forsyth's heavier makes. In this way you will avoid chill.

EDWARD GRAY.—Try a Howie's Filter. 2. Take twenty drops Collis Browne's Chlorodyne in water every four hours.

CHARLES F.—The Cellular Underclothing is that you mean (see advertisement in our pages). It is admirably suited for cycling.

NERVOUS EXHAUSTION.

THE distressing symptoms of NERVOUS EXHAUSTION and DEBILITY are speedily removed by means of **PULVERMACHER'S world-famed Galvanic Belts,** which are so arranged as to convey a continuous electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

READ THE FOLLOWING TESTIMONIAL:—

FINCHLEY, NEAR LONDON,
June 23rd, 1889.

DEAR MR. PULVERMACHER,

In October last you supplied me with a Chain Battery and Combined Band and Belt, from which, it is no exaggeration to say, I experienced relief in a few days, and in five months was completely cured of the local weakness, from which I was suffering for more three years. I had tried various remedies without effect, but your method operated at once.

It is simple, natural, and safe, and I only wish the thousands who it is grievous to think are suffering from these dire maladies could hear of and give a trial to your treatment.

Allow me to thank you again most sincerely for the kindness you personally showed me at a critical and perplexing moment—I shall not easily forget it. But doubtless you are compensated by that generosity of heart which brings its own reward.

I enclose my card, and you are at liberty to publish this, and refer any one to me privately, but I particularly desire my name to be suppressed.

Gratefully yours, C. E. S.

For full Price List and particulars, see New Pamphlet, **"GALVANISM: Nature's Chief Restorer of Impaired Vital Energy."** Post Free from

PULVERMACHER'S
GALVANIC ESTABLISHMENT,
194, Regent-street, LONDON, W.
ESTABLISHED OVER FORTY YEARS.

C.—We have never heard of the books you name, but if you will send them to us we will give you our opinion of their scientific merits. The titles do not sound very promising, but they may be written from a perfectly disinterested standpoint.

APE. —You should have made your inquiry clear, and you would thereby have saved yourself (and us) trouble. Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full information in its pages. The one rule for you to follow is to renounce the habit completely—there can be no prospect of cure otherwise for you. The pamphlet will give you advice regarding the cure for constipation.

Delicious Drink

Horsford's Acid Phosphate

Makes a healthful and invigorating drink with water and sugar only. It harmonizes with such stimulants as may be necessary to take. A desirable substitute for lemons or lime juice. Allays the thirst, aids digestion, and relieves lassitude. A teaspoonful added to a glass of hot or cold water, and sweetened to the taste, makes a delicious lemonade, and will be found refreshing and invigorating.

Dr. THOS. L. WHISTLER, Bray, Ireland, says: "I have found it extremely grateful as a drink with water."

Descriptive pamphlet post-free on application to

Rumford Chemical Works,
Providence, R.I., U.S.A.

Beware of Substitutes and Imitations.

CAUTION.—Be sure the word "Horsford's" is printed on the label. All others are spurious. Never sold in bulk.

J. A.—Any surgical instrument-maker will fit you with a suitable belt. There should be one in Carlisle; but all you require is to send careful measurements and you can have no difficulty in procuring a belt to suit you. Apply Vinolia, night and morning (Roberts & Co., 76, New Bond-street, London, W.), to any irritated parts of your skin as a healing application, and wash regularly with Vinolia Soap. As regards the other symptoms, avoid acid foods, cheese, and sweets, and when troubled take twenty grains citrate of potash in a tumbler of water, between meals, twice daily. Pitkeathly Water (advertised in our pages) with Lithia would form a suitable drink in your case. If we can aid you further, let us hear.

B. G. S.—You should substitute Scott's Midlothian Oat Flour for your tea and coffee as at present used. Your ailment really arises from your abuse of tea and coffee, and you will not be well till you have largely renounced their use.

PONDER'S END.—The medicine you are using contains opium, and is utterly unsuited for your infant. Use Woodward's Gripe Water only, and attend to the child's diet—Mellin's Food and milk only.

C. ALPINE.—Try Bayley's Cure for Piles (17, Cockspur-street, London, S.W.), and give this excellent remedy a fair trial.

A. F.—Write to Mr. Pulvermacher, 194, Regent-street, London, W., for prospectus of his galvanic belts, and give one of these excellent appliances a full and careful trial. We have known these belts act very successfully in cases like yours.

P. G. T.—1. Have a pill prepared containing one grain permanganate of potash, to be made up with Kaolin. Take one of these pills thrice daily after your food, and let us hear the result after a brief trial of this remedy.

A. LOWE.—A good face-powder is made as follows:—Oxide of zinc, three drachms; powdered starch, three ounces; carmine, one drachm; otto of roses, four minims.

SYBIL C.—A lotion for blackheads is made by mixing three drachms of sulphur, four drachms of glycerine, and four ounces of rectified spirits. This should be rubbed into the skin at night. You must also take hot baths and use a hard towel, and avoid excess of fat foods.

MESTERN.—We recommend you to take fifteen drops of Fer Bravais in water after your meals thrice daily. You can continue this tonic for, say, a couple of weeks at a time, and then resume it after an interval, if you have not cured you ailment.

CHINEE.—It is probable your work-hours are too long, and, if the ventilation is bad or defective, your symptoms may thus be fully accounted for. Take Inman's Syrup of Hypophosphites, a teaspoonful in a wineglass of water after meals, twice daily, and this may cure you.

S. A. M.—Try the effect of the following pill:—Powdered ipecacuanha, half a grain; powdered capsicum, one grain; powdered rhubarb, two grains; extract of gentian, three grains. Six such pills to be made, and one to be taken half an hour before dinner when there is any liver irritation.

LAW CLERK.—Drink Pitkeathly Water (Reid & Donald, Perth, N.B., or Best & Sons, 22, Henrietta-street, London, W.) regularly, and avoid all forms of alcohol.

L. S. E.—You may derive much benefit from inhaling the vapour of a pint of hot water to which ten or fifteen drops of tincture of iodine have been added. Internally, take fifteen drops Fer Bravais in water, after your food, thrice daily, as a general tonic.

G. P.—Dahl's Cakes (advertised in our pages) and Cascara Cordial—dose of latter, twenty drops in water once daily. A teaspoonful of glycerine, used as an enema, is also a capital and safe remedy.

A. GILES.—For the falling hair, use the following lotion:—Solution of ammonia, half an ounce; tincture of cantharides, half an ounce; eau de Cologne, one ounce; water, to eight ounces. Mix. Rub into the roots morning and night with a soft sponge or piece of lint.

C. SMITHSON.—We advise you to consult the French Hygienic Society, 6, Conduit-street, London, W., and use their Pomade Tricophile for the cure of scurf. This society will also be able to advise you regarding the use of a harmless dye or restorative for grey hair.

C. ELDER.—Apply to the Medical Battery Company, 52, Oxford-street, W. They are now the proprietors of the Zander Machines.

APPREHENSIVE NERVOUSNESS.

Debility, Rheumatism, Gout, Sciatica, Torpid Liver, Kidney Disorders, and every form of weakness may be speedily cured by wearing

HARNESS' ELECTROPATHIC BELT.

It generates a mild continuous current of Electricity.

Produces no Shock or Discomfort whatever. Testimonials, Pamphlet and Advice free, personally or by letter.

Write at once to **Mr. C. B. Harness,** Consulting Electrician, **MEDICAL BATTERY Co. Ltd.**

52, OXFORD ST. LONDON, W.

(Corner of Rathbone Place.)

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Cures TOOTHACHE Instantly.

Prevents Decay, Saves Extraction. Sleepless Nights Prevented. Neuralgic Headaches and all Nerve Pains removed.

DR. ANDREW WILSON, F.R.S.E., &c., writing in *Health*, says: "'BUNTER'S NERVINE' has stood the most severe test. For many years it has been the favourite household Remedy for TOOTHACHE and kindred ailments of NEURALGIC character. It contains nothing of a deleterious nature, and should claim an honoured place in every family medicine chest."

BUNTER'S NERVINE. Sold by all Chemists, 1/1½.

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IS THE MOST SIMPLE AND

PERMANENT STOPPING for DECAYED TEETH.

Any one can easily prepare and place it in the cavity of the Tooth in a soft state, and in a short time it becomes a perfectly hard and white Enamel, forming, as it were, a part of the original substance of the Tooth.

All Chemists, 1/6. *Post Free*, 19 *Stamps, by Proprietor.*

Proprietor: ALFRED WILSON, 422, Clapham-road, London, S.W.

PURILINE

Tooth Polish

Will Purify and Beautify the Teeth with a Pearly Whiteness; Polish the Enamel; Destroy Tartar and all Living Germs; and Keep the Mouth in a Delicious Condition of Comfort, Health, Purity, and Fragrance. It is not a Powder or Soft Paste that will scatter over clothing and soil the toilet, but a Dental Paste of stiff consistency, non-gritty, and Absolutely Pure. May be carried in the pocket in any climate of the world, without injury or losing its virtues.

Price 1/- *Sold by Chemists, Perfumers, &c., or sent post free by Proprietor.*

PURILINE

Tooth Wash

FOR THE TEETH, GUMS, AND BREATH.

A PURE, PERFECT, AND REFRESHING FLUID DENTIFRICE.

A few drops in water used daily will thoroughly Cleanse, Beautify, and Preserve the Teeth; Polish the Enamel, prevent Tartar, Destroy all living "Animalculæ." It is Absolutely Pure and Harmless to the Youngest child or most delicate constitution.

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DIRECT FROM FACTORY.

If you want a really good ALL-WOOL SCOTCH TWEED, at Maker's Prices, in Worsted, Saxony, or Cheviot, *WRITE FOR PATTERNS.* All our own Manufacture. Any length cut. Splendid Selection. Tailors supplied with bunches of Patterns, Parties' own Wool made into Cloth. Heavy Tweeds, 1s. 9d. per WOOL. yard; Light Tweeds, 1s. 2d. per yard. Blankets, Rugs, Winceys, Flannel, &c. Carriage of Wool paid, and Patterns sent free.

IMPORTANT NOTE.—All Wools sent to be made into Heavy Tweeds, Blankets, Crumbcloths, &c.. &c., are made from two-ply yarns. This makes the Cloth finer and wear much longer than when it is done in the ordinary way. Cloth will be returned in One Month from receipt of Wool.

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Containing Borax, to promote action on the Throat and the Vocal Cords. 2/6 per box.

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Without the Borax, for persons to whom its flavour would not be agreeable. 2/6 per Box.

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For making COCA Wine, the dose being 15 to 20 drops to the wineglass; can be taken in any fluid. 3/- per Bottle.

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COCA, in combination with selected Teas; tonic, invigorating, and delicious. 4/- per lb.

These preparations may be obtained of all Chemists and Grocers. An Explanatory and Historical Pamphlet, showing the uses of the COCA LEAF, sent on application to the Sole Proprietors—

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BEST AND CHEAPEST.

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IS GOUT and RHEUMATISM CURABLE?

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WE ANSWER, Do not despair till you have tried
In Bottles at 1s. 1½*d.*, 2s. 9*d.*, 4s. 6*d.*, *&* 11s. [ASHTON'S CURE.

Mr. J. Dewhirst, 14, Commercial-street, Huddersfield—being a great sufferer from Rheumatism and Rheumatic Gout, was induced to try Ashton's Cure; he found instant relief, and strongly recommends it to all similarly affected.

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Is the finest medicine in the world for this most distressing complaint. Asthma, Bronchitis, Coughs, and Consumption prevented. Price 1s. 1½*d.*, 2s. 9*d.*, 4s. 6*d.*, *&* 11s.

GIVES IMMEDIATE RELIEF.

Mr. W. Nicholson, 37, The Grove, Vauxhall, S.W.
"I have found great relief from taking your Asthma Cure, and will strongly recommend it to any sufferer I know. It is a great boon."

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ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fullness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes.

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For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them. There is no medicine to be found equal to Beecham's Pills for removing any obstruction or irregularity of the system. If taken according to the directions given with each box they will soon restore females of all ages to sound and robust health. This has been proved by thousands who have tried them, and found the benefits which are ensured by their use.

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Sold by all Druggists and Patent Medicine Dealers everywhere.

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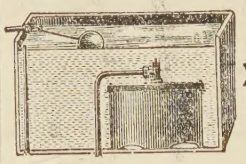

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FOR FEMALES

Quickly correct all irregularities and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 2s. 9d., of all Chemists. Sent anywhere for 15 or 34 stamps, by

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£1000 Reward!

WILL BE GIVEN TO ANY PERSON WHO CAN PROVE THAT THIS SOAP MANUFACTURED BY LEVER BROS., PORT SUNLIGHT ON MERSEY, CONTAINS ANY FORM OF ADULTERATION WHATSOEVER, OR CONTAINS ANY INJURIOUS CHEMICALS

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SIR CHARLES A. CAMERON, M.D.,

Ex-President of the Royal College of Surgeons, Vice-President of the Institute of Chemistry of Great Britain, Chief Medical Officer of Health for Dublin, S.Sc.C. Cambridge University, Member of the College of Physicians, Professor of Hygiene and Chemistry, Royal College of Surgeons, Ireland, Hon. Mem. Societies of Hygiene, Paris, Bordeaux, and Belgium, Laboratory, Royal College of Surgeons, Stephen's-green, W., Dublin,

REPORTS:—

February 15th, 1888.

I have carefully analyzed specimens of the "SUNLIGHT SOAP" submitted to me for that purpose by Messrs. Lever Brothers, Warrington, and the following are the results at which I have arrived:—

* * * * * * *

The points in the composition of this Soap that are most valuable are its freedom from free alkali, the large percentage of fatty acids which it contains, and the purity of the materials employed in its preparation. I EMPLOY THE SOAP, and from my actual experience of it can strongly recommend it.

(Signed) CHAS. A. CAMERON.

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